

HEALTHFUL LIVING – PHYSICAL EDUCATION

NORTH CAROLINA STANDARD COURSE OF STUDY

MOTOR SKILL DEVELOPMENT

2.MS.1 Apply competent motor skills and movement patterns needed to perform a variety of physical activities.

- PE.2.MS.1.1 Execute combinations of locomotor skills in different pathways, levels, or directions.
- PE.2.MS.1.2 Execute a variety of manipulative skills while maintaining good balance and follow-through.
- PE.2.MS.1.3 Generate smooth and timely transitions between sequential locomotor skills.

MOVEMENT CONCEPTS

2.MC.2 Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.

- PE.2.MC.2.1 Use equipment to illustrate multiple movement concepts.
- PE.2.MC.2.2 Compare three or more of the essential elements of correct form for the five fundamental manipulative skills.
- PE.2.MC.2.3 Explain the value of feedback in improving motor performance.
- PE.2.MC.2.4 Illustrate activities that are associated with three or more of the five components of health-related fitness.

HEALTH-RELATED FITNESS

2.HF.3 Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

- PE.2.HF.3.1 Recognize three or more of the five health-related fitness assessments and the associated exercises.
- PE.2.HF.3.2 Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.
- PE.2.HF.3.3 Implement a weekly plan of moderate to vigorous activity that increases breathing and heart rate.

PERSONAL/SOCIAL RESPONSIBILITY

2.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

- PE.2.PR.4.1 Explain the value of working cooperatively in group settings.
- PE.2.PR.4.2 Summarize the benefits of positive social interaction as to make activities more enjoyable.
- PE.2.PR.4.3 Use safe practices when engaging in physical education activities with little or no prompting.